

The Anchor

U.S. Naval Support Activity La Maddalena, Italy

December 12, 2005

Region's Commander addresses NSA La Maddalena

Story and photos by Lisa Kelch



Rear Admiral Noel Preston, Commander, Navy Region Europe listens to a question during Admiral's Call on December 2 at Naval Support Activity La Maddalena.

For two hours on December 2, Rear Adm. Noel Preston, Commander, Navy Region Europe (CNRE) answered questions from Sailors, dependents and Italian and American civilian employees from NSA La Maddalena. Preston held two Admiral's Calls at Sneakers on Santo Stefano to discuss the future closing of the base.

Preston started both sessions by saying he first learned of the base closure from Vice Adm. Harry Ulrich, Commander, U.S. Naval Forces Europe (NAVEUR) and Commander, U.S. Sixth Fleet, shortly before the Italian press reported it on November 23. The news delivered to Preston was a surprise, he said, and since then he has not learned anything additional. Preston said the decision about closing La Maddalena, and the timeline for doing so, is being made between the Italian and U.S. governments.

During both meetings, he emphasized the reason for the base closure was not a lack of performance by anyone in La Maddalena. "It's a much larger strategic issue about where we put our forces," said Preston. The security environment has changed in the post Cold War era, and the entire Department of Defense is transforming and adapting.

The most urgent question of the day concerned the departure timeline. Italian newspapers have reported that the Navy will leave La Maddalena in six to twelve months, but that is speculation, the admiral stressed. "I don't know what the actual timeline will be," but as information gets funneled down, it will continue to be passed on to the servicemembers, their families and NSA employees.

Navy Europe has experience closing bases, Preston said, citing the move of Sixth Fleet Headquarters from Gaeta to Naples and the move of NAVEUR staff from London to Naples. He stated that everything possible would be done to take care of the military and their dependents. In the past some things have been done that were considered "inefficient," the admiral said, such as keeping people in London so their kids could finish school when the jobs were already moved to Naples.

When asked if families will precede or follow their Sailors out of the area, Preston stated he did not know the answer yet, but added that "we don't want to create unintentional unaccompanied tours."

Italian employees were perhaps most concerned for their future. One asked if the U.S. Navy would work with the Italian government to allow sufficient time for Italians to find new positions. The admiral stated he did not know, but emphasized that the two governments work together and that the U.S. would comply with "what is in the law and what our agreements are."

Although no timeline has yet been established, those who attended had an opportunity to ask questions and express their disappointment, fear and frustration.

Gas coupon prices dropping in Italy

Tax-free program lowering cost about 8 cents a liter in December

Article by Sandra Jontz. Used with permission from the Stars and Stripes, a DoD publication. © 2005 Stars and Stripes.

NAPLES, Italy — The price of gas coupons sold through the Navy Exchange in Italy is dropping about 8 cents a liter for December, U.S. Navy officials announced.

Beginning Thursday, the price for 100 liters of unleaded gas will be \$70, down from \$78, according to Bart Di Muccio, administrator of the tax-free gas coupon program for U.S. and NATO bases in Italy. The price for 100 liters of diesel fuel will be \$78, down from \$86 in November, he said. Coupons are sold in 100-liter and 200-liter booklets.

There are no fuel stations at any bases in Italy; motorists fill up by redeeming the coupons at stations on the economy. Two companies have the contract to redeem the coupons: Esso and Agip, Di Muccio said.

During December, servicemembers in Italy will pay more for fuel than some of their counterparts in other areas of Europe.

Army and Air Force Exchange Service fuel prices for December in Germany, for example, will be \$2.518 a gallon for regular gas and \$2.852 a gallon for diesel. In Italy, gas will cost about \$2.65 a gallon for unleaded fuel and \$2.96 a gallon for diesel.

Usually, those in Italy pay less because the Navy sets its gas prices in Italy on a not-for-profit basis, while AAFES uses gas sales earnings in Germany, England and other countries to contribute to Morale, Welfare and Recreation programs and to offset losses elsewhere.

The cost for fuel in Italy also is higher than this week's average U.S. retail gasoline price of \$2.20, according to figures posted on the Energy Information Administration's Web page. The average diesel price for the week in the United States was \$2.48 per gallon.

The coupon program in Italy means U.S. and NATO servicemembers and civilians are exempt from paying Italy's fuel taxes, a benefit that translates into paying about 40 percent of the price listed on the pumps.

And while Petty Officer 1st Class Damon Steele has seen fuel coupon prices "seesaw" during his three years stationed in Naples, he's always been cognizant of the fact that prices are less than what locals pay.

"It's better than having to pay the regular gas prices," he said. "You can't really complain about the coupon prices."

Pump prices in Italy have been about 1.30 euros a liter, or nearly \$5 a gallon.

In Italy, the tax-free office sets each month's price of fuel coupons by calculating changes in the price of fuel, changes in the euro conversion rate to the dollar, and any profits or losses the Navy Exchange incurred the month before, Di Muccio said.

While the prices for the coupon booklets fluctuate each month, there is usually not very much of a cost difference from one month to the next because the office adjusts the prices monthly instead of annually, said Cmdr. David Sutton, tax-free gas coupon program officer.

COLA Rates to Decrease in Some Areas

By PH1 (AW) Nathan L. Guimont, Commander Navy Region Europe, Public Affairs

The military services have approved the recommendation to lower the Cost of Living Allowance (COLA) submitted by the Per Diem Travel and Transportation Allowance Committee (PDTATAC) Military Advisory Panel (MAP) to decrease the Cost of Living Allowance (COLA) Indexes for Aviano, Gaeta, Naples, and La Maddalena. Personnel stationed in Ghedi, Livorno, Sigonella and Vicenza will not be affected. The COLA changes, which affect only active duty uniformed service members, were approved on Nov. 17, 2005.

The PDTATAC is comprised of delegates of the secretaries of the seven Uniformed Services: Army, Navy, Marine Corp, Air Force, Commerce (NOAA), Coast Guard, and Public Health Service (PHS). It is chaired by the Deputy Assistant Secretary of Defense (Military Personnel Policy) and is directly responsible to the Service Secretaries.

Two surveys are used to determine the relative cost of living: a Living Pattern Survey (LPS) and a Retail Price Schedule (RPS). The LPS shows where local stores typical service members shop in and how much (the percentage) they buy from the commissary and exchange. For example, the LPS may show that service members typically buy half their clothing in local stores (with local currency) and half at the Navy Exchange (with U.S. dollars).

“Of course, if you’re not the ‘typical’ service member — if you haunt discount outlets or shop only in the ‘best’ stores — the LPS will not represent your particular spending habits,” said Beatrice Bertucci, Overseas COLA Chief.

The Joint Federal Travel Regulations (JFTR) requires a new RPS each year from localities and a new LPS every 3 years. The prices of a market basket of over 120 goods and services on the local economy and at the local commissary and Navy Exchange are reported. These prices are compared to the cost of an identical market basket of goods and services in the Continental United States. If the overseas costs are higher than the U.S. costs, then a COLA is prescribed for the overseas locations.

Some reporting locations may report higher local prices and some may report lower prices depending on the local economies. According to Bertucci, in reports received from some overseas locations, the data showed that while overseas costs for items increased somewhat, the costs in the U.S. for those items had increased more. In some of these locations, the analysis of the data indicated that the total COLA index decreased.

The survey might show, for example, that in September the market basket items in the United States cost \$100 and \$130 at your overseas duty station. The cost of living is 30% higher in your area, and you would receive COLA to help pay the extra costs associated with the higher cost of living overseas.

The COLA Index for Stuttgart will decrease by 14 points beginning 1 January 2006. The decrease will occur by 2 points per month for 7 months. The decrease is based on data provided in a new LPS and new RPS conducted in July and August and approved by the MAP and the Principals. A new RPS was received for Rome conducted by the Department of State in November. Analysis of the data resulted in a recommendation to decrease the index by 6 points.

Locality	Pt Change
Aviano	-2
Gaeta	-4
La Maddalena	-4
Naples	-4

Because the Services recognize that any reduction in allowances will be viewed by members as a reduction in pay, and that members need time to adjust to lower COLA payments, reductions are implemented 2 points per month until the target index is reached.

The reductions will be implemented effective Jan. 16, 2006. The decreases will be taken at 2 points per month beginning on Jan. 16, 2006. For Gaeta, Naples and La Maddalena, the second 2-point decrease will be effective Feb. 16, 2006. An index point for an E-6 with ten years of service and three dependents is approximately \$25.00 per point, making this deduction approximately \$50.00 per month. The actual dollar amount will vary according to individual pay grades, years of service, and number of dependents.

To review the names and locations of the localities for each country, go to the PDTATAC website at <https://www.secureapp2.hqda.pentagon.mil/perdiem>. Select Rates and Allowances, COLA Rates, Overseas, COLA Indexes, then select year and month.

Stripes Store Has Perfect Christmas Present for You

From Stars and Stripes

Washington, DC, December 1, 2005 - Stars and Stripes, the daily newspaper of the U.S. military, has new ideas to ease your Christmas shopping this year. Check out Stripes’ new online store, offering its own brand merchandise, perfect for the holiday gift-giving season.

It features a variety of goods, ranging from lower priced totes and “I Have Issues” mugs and t-shirts, to its solid .925 sterling silver dog tag. The true star of the season, however, is its “Sweetheart Gift,” a solid silver heart on a beaded silver chain, (pictured, right) perfect for that special someone.

In celebration of its long tradition of editorial independence, the Stars and Stripes web store will ship a free gift with every order, in the form of an awareness bracelet inscribed with the word “freedom.”

Stars and Stripes’ online store can be accessed by clicking on the following link: . All items are available for shipment to APO addresses for the convenience of purchasing and shipping overseas and it’s not too late to ship in time for arrival by Christmas.



December Calendar of Events

- 12th - All Hands Club meeting noon
- 13th - Resume writing @ FFSC 1-3 p.m.
Smooth Move @ FFSC 1:30-4 p.m.
SAC meeting 4 p.m.
Bedtime stories 6 p.m.
- 14th - Job interviewing @ FFSC 1-3 p.m.
PTSA meeting & band concert 6 p.m.
- 15th - Federal employment @ FFSC 1-3 p.m.
- 16th - School early release day
Car buying @ FFSC 1-3 p.m.
Bingo 6-8 p.m.
- 17th - Caprera rock climbing class/trip 9 a.m.
Holiday basketball tournament @ school
- 18th - Children’s play @ NSA Chapel 11 a.m.
YA Winter Wonderland 1-4 p.m.
- 19th - School starts winter recess
USPS package pick-up 4-6 p.m.
- 20th - Captain’s Cup pool 5 p.m. @ Paradiso
- 22nd - NSA Chapel Christmas caroling 4-6 p.m.
- 23rd - Bingo 6-8 p.m.
- 24th - Post Office package pick-up 8 a.m.-6 p.m.
Liberty Christmas Eve party @ Paradiso
Candlelight service @ NSA Chapel
- 25th - Merry Christmas!
- 30th - Bingo 6-8 p.m.
- 31st - New Year’s Eve! Stay safe.



The Anchor

Serving the Navy Community, La Maddalena, Italy

The Anchor is an authorized publication for members of the military services stationed overseas and for their families. Contents of *The Anchor* do not necessarily reflect the official views of the U.S. Government, the Department of Defense, or the U.S. Navy and do not imply endorsement thereof. Editorial content of *The Anchor* is prepared, edited, and provided by Public Affairs Office, U.S. Naval Support Activity La Maddalena, Italy, PSC 816, Box 1795, FPO AE 09612. The Anchor accepts written material and photographs from military members and civilians. The use of all submitted material is at the discretion of the Editor. To submit stories, photos or suggestions, contact Lisa Kelch in the NSA La Maddalena Public Affairs Office.

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It was “December In Our Town” for one night

Story and photos by Lisa Kelch



Music teacher Jeff Edes conducts La Maddalena Elementary/Middle School's band for Middle School students during their December 6 holiday concert at the Italian Navy theater.



The kids belt out “It’s December In Our Town” during their December 6 performance at the Italian Navy Theater.

Elwell, Samantha Galloway, Caterina Kielpinski, Katherine Mikolajczak, Ariana Preston, Jordan Rettie, Naomi Salgado, Ramon Santiago, Grace Shaw, Kayla Strauther, Joelle Summa and Trista Thompson.

Performers in the Middle School Advanced Band are Orlando Boyd, Sarah Cherry, Ryan Cummings, Marissa Del Priore, Katherine Dennis, David Dowless, Stephanie Elwell, Syndy Galloway, Pasquale Gianfratte, Carolina Hall, Patrick Mawn, Jordan Rettie, Ren Sarmiento, Jay Schubert, Jordan Skinner, Kayla Strauther and Thorne Wassermann.

Sounds of Christmas filled the Italian Navy theater on December 6 when students in La Maddalena Elementary/Middle School's (EMS) Middle School Advanced Band and Middle School Choir were joined by children from kindergarten and first through fifth grades for a one hour performance.

The theme, “December in our Town, A Multicultural Celebration of the Season,” was reflected in the songs, some performed by brave young soloists. Adding to the night's musical entertainment were skits exploring Christmas, Hanukkah, Kwanzaa, and Hispanic holiday traditions. The Computer Applications class also prepared a PowerPoint presentation that accompanied the evening's music.

Before the final two songs, music teacher Jeff Edes was presented with a huge thank you card and poinsettia plant for his hard work and dedication to his students and the school.

The Middle School Choir includes Christoria Bellamy, Sheleise Boyd, Russell Brown, Ashlee Bullock, Tia Camarillo, Kyle Castro, Carrie Daley, Mezzan ElSayed, Tim



Some of the youngest children are soloists during the December 6 holiday concert.



Music teacher Jeff Edes is presented with a giant thank you card and a poinsettia plant during the La Maddalena Elementary/Middle School holiday concert, featuring the La Maddalena Middle School Choir.

So you want to travel Europe?

By Lisa Kelch

One of the benefits of being stationed in La Maddalena is that you are living on Europe's southern doorstep. Travel opportunities are wide open, yet many Sailors and their families do not take full advantage. If you are looking for a European adventure but are not sure where to start, dust off your suitcases and start reading!

Fasten your seatbelts and place your trays and seatbacks in their upright position

There are a few low cost airlines that fly from Sardinia. If you do not mind a winding two hour drive to Alghero, then you can take Ryanair (www.ryanair.com) to Barcelona (Girona), Frankfurt (Hahn), London (Stansted), Pisa (Florence) or Rome (Ciampino).

If you want to fly out of Olbia, then consider Hapag-Lloyd Express (HLX) (www.hlx.com) and easyJet (www.easyJet.com). HLX flies from Olbia to 5 German cities, including Berlin (Tegel), Cologne-Bonn, Hanover, Munich and Stuttgart. An Easyjet flight from Olbia will get you to Berlin (Schoenefeld) or London (Gatwick). Flying Meridiana to Rome (Fiumicino) at the Sardinian resident's rate of 78 euro roundtrip is also an option. You can then book an onward flight with one of the many airlines that service Fiumicino.

If you fly Meridiana into Rome (Fiumicino), you still have the chance to take a cheap Ryanair or easyJet flight, but you will have to get to Rome's smaller airport, Ciampino. Trains run directly from Rome (Fiumicino) to Rome's train station, Rome Termini, where you disembark and continue the rest of your journey by bus. The trains run every half hour during the day, starting around 6:30 a.m. and ending at midnight, and cost about 9 euro.

Once you arrive at the Rome Termini station, Terravision provides bus service to and from Rome Ciampino airport for several low cost airlines, including easyJet and Ryanair. A roundtrip ticket is 15 euro, and your airline ticket or proof of reservation will qualify you. The bus departures and arrivals coincide with the flight times, making it a convenient and hassle free option. Terravision also offers airport to city center bus service at several other European airports. Check www.terravision.it for more information.

Both Ryanair and easyJet offer great deals throughout the year. You can find flights for as little as one euro cent, but be aware that taxes, fees and charges usually add at least 15 euro to the price. Ticket prices can vary drastically from one day to the next, so planning your flight dates (but not buying your tickets) before you submit your leave papers can save you a lot of money!

How do I get there?

If you are having difficulty figuring out how to get to a particular city, here are some helpful tips. Ryanair, easyJet and HLX all have destination maps on their websites. In addition, all of Europe's low cost carriers are listed on www.attitudetravel.com. Search by country to see which airlines service them or by airlines to see where each carrier flies. The website airwise.com can also be helpful. From the main page you can choose "airport guide" and find out which airlines fly from which airports.

Trains and autos

If you are not intimidated by driving around a foreign country, then rent a car. Purchasing a good atlas is essential if you choose to drive, though. If you would rather leave the driving to someone else, then rail travel is the way to go. Europe is known for its excellent and extensive railway system. Flying into one city and taking a train to your ultimate destination is less hassle than driving and often cheaper and more convenient than catching another flight. Providing you travel during the day, you can see more of the countryside than you would by flying. Search the internet for each country's rail system. To get started, try Germany's Die Bahn at www.bahn.de or Italy's Trenitalia at www.trenitalia.com.

If you are planning a two week plus vacation blitz covering three or more countries, consider a Eurail pass. Eurail passes and tickets can be purchased in Europe, but not all the passes are available and the prices will be 20% higher than if purchased in the U.S. The best option is to purchase them online. Eurail will not mail to P.O. boxes, so have your pass or tickets mailed to a friend who will forward them to you. If you are younger than 26 years old or traveling with someone, you can buy a discounted pass. Go to www.eurail.com for more information.

Where to rest your weary head

Lodging options are plentiful online. To prevent becoming overwhelmed with choices, decide where you want to stay in each city. A useful website will have a map of the city's different areas. Do you mind taking public transportation into the center of town, or would you rather stay on a street a block away from some of the main tourist sights? It is usually cheaper to stay outside the highly trafficked tourist areas, but the locations are not as convenient and might not have the same energy or atmosphere as one located closer to the action.

If you have planned a last minute getaway, www.RatesToGo.com lists *available* rooms for the next 3 weeks. There is also a link to search for available hotels further in the future.

Sites to see

Once you decide where to go and how to get there, it is time to decide what you want to see. Large cities and many smaller ones have their own tourism websites, so planning what you want to see and do can be accomplished in advance and saves time when you arrive.

Consider buying a travel book, reading it beforehand and taking it along. They are helpful when you cannot remember if you wanted to see the art museum in the historic area of the city or the history museum in the artsy part of town. You can slip it in your backpack and use Fodor's, Frommer's or Rick Steve's tips and information as a handy reference during your travels.

You do not need a huge budget or suitcase to enjoy the many cultures and countries of Europe. To get the most out of your trip, however, you do need to invest enough time planning so your adventure is unforgettable. Bon voyage!



Burg Rheinfels looms over the picturesque German town of St. Goar. The castle is from the 13th century and is one of many that dot the hillsides above the Rhine River. (Photo by Lisa Kelch)



The most wonderful time of the year

By Lisa Kelch



There is not a snowflake falling, few Christmas decorations are in sight and your family is back in the States. If you are having trouble getting into the spirit of the season, do not despair. There are events to help remind you that it is the most magical time of year!

Do you need a reminder of the real meaning of the season? Take a step back from the commercialism on December 18 at the Chapel. The children will be performing their annual Christmas play at the 11 a.m. service.

If you stop by the La Maddalena Elementary/Middle School gym later in the day, you will be instantly transported to Holiday Wonderland. You will have the opportunity to play games, win prizes, get creative with arts and crafts, and decorate (and eat) cookies. There have been rumors that the jolly old man, Santa Claus, will make an early appearance this year and be available for photos and last minute gift requests.

On December 22, songs of the season will fill the air. Get in the Christmas Spirit and help spread some cheer by joining the Chapel in caroling. Carolers will meet at the Chapel at 4 p.m., then sing at an Italian home for the elderly before heading to Trinita housing to serenade the American community. The evening will end back at the Chapel where everyone can enjoy hot chocolate and cookies.

If you are still not in the Christmas spirit, then consider giving to the less fortunate. Helping others is a great way to feel good! The NSA Chapel has an "angel" tree with the name and sex of needy Italian children in the community. Become someone's angel by choosing an "angel" from the tree and buying a gift. The Chapel needs the gifts returned by December 20 so they can be delivered before Christmas.



News briefs

Youth Activities

YA needs volunteers for their Holiday Wonderland. Please clear your schedule for December 17 from 1:30-4 p.m. and December 18 from 12:30-5 p.m. If you are interested in helping, contact Rebecca McSwain or Noemi Cooper at 623-8396 or 623-8398 or Charlene Brown at 623-8393 or 623-8396.

Legal

In January 2006, NSA Security will begin random checks for Sojourner permits at the front gate. Both Security and Disbursing will have the list of those who are delinquent renewing their Sojourner permit. You will be unable to use the cash cage services if your name is on the list. All civilians must carry their Sojourner permit or receipt with them at all times.

If you are getting ready to PCS, you must turn in any Sojourner permit or receipt to the Legal office before they will sign your check out sheet.



Post Office

Package pick-up

The Post Office will have special hours for package pick-up prior to Christmas. From December 19-23, package pick-up will be available 4-6 p.m. December 24 they will open at 8 a.m. and close at 6 p.m. This day is reserved for package pick-up only. No financial transactions will be conducted. The Post Office will be closed Christmas and December 26.

Mailing dates

From CONUS

Dec. 10 First-Class letters
Dec. 11 Priority Mail
Dec. 19 Express Mail

From La Maddalena

Dec. 9 First-Class letters
Dec. 9 Priority Mail
Dec. 21 Express Mail

FFSC

Do you need help with your job search? Let FFSC assist you! Resume writing: December 13, 1-3 p.m. at FFSC. The class will help you create an effective resume.

Job interviewing: December 14, 1-3 p.m. at FFSC. Learn the dos and don'ts at a job interview.

Federal employment: December 15, 1-3 p.m. at FFSC. Learn 10 steps to a federal job.

Are you buying a car soon? You will want to attend this class first. Car buying: December 16, 1-3 p.m. at FFSC. The class will provide the knowledge and skills to give you self confidence when negotiating for that car of your dreams.

Call the FFSC at 0789-798-205 to sign up for these free classes!

Medical

Navy Branch Health Clinic is still giving flu shots. Those particularly vulnerable should consider getting one. This includes individuals that are pregnant, 65 years of age or older, children 6-24 months, caregivers to infants younger than 6 months and those individuals between 2 and 64 years old with chronic medical problems, including asthma, diabetes and cancer. Healthy people 2-64 years old should also get a flu vaccine. To protect yourself from the flu, call NBHC at 0789-798-275 to make an appointment.

Navy Exchange

Gifts



Are you stumped about a gift for someone? Why not purchase a Navy Exchange Gift Card? They are available at the NEX Customer Service counter or online at www.navy-nex.com

Holiday hours

The NEX holiday season hours are:

December 24 10 a.m.-4 p.m.	December 25 CLOSED
December 26 11 a.m.-7 p.m.	December 31 9 a.m.-5p.m.
January 1 CLOSED	January 2 11 a.m.-4 p.m.

Central Texas College

CTC is offering CJSA 1348, Ethics in Criminal Justice and LGLA 1355, Family Law for Term 3, January 16 - March 10. Registration is already in progress and ends January 13. Contact Angela Woltanski for additional information at 0789-798-092.

Vet Clinic

The Vet Clinic will have normal operating hours December 13-15 and 20-21, from 9 a.m. to noon and 1-4 p.m. December 22, 27-29 and January 3-5 there will be over the counter service only from 9 a.m. to 1 p.m. To make an appointment contact Lindsey or Sgt. Rowley at 0789-798-150.

Morale, Welfare and Recreation

There's no need to gain those extra holiday pounds! Let the Body Shop help you out with the 12 Days of Fitness, now through December 20. For more information contact Nino Spinelli at 0789-798-382.

If you want someone to work one-on-one with you, then Giuseppe is still available for personal training. His schedule is Monday, Wednesday and Friday 8 a.m.-12:30 p.m., 4-5:30 p.m. and 6:30-7:30 p.m. Tuesday and Thursday he is available 8-9 a.m., 11 a.m.-12:30 p.m. and 4-7:30 p.m.

Outlawz outlast, outplay everyone

By Lisa Kelch

The Outlawz outlasted and outplayed their competitors to win the Morale, Welfare and Recreation Flag Football Championship game on December 3.

It was not an ideal day to be outside playing football. The weather was foul and included intermittent downpours and a muddy field riddled with puddles. The teams continued play despite the persistent uncooperative weather.

The Championship game was a repeat of the first playoff game of the day, which pitted the Outlawz against the Die Hards. The Outlawz won the first game as well, 34-19. The Championship was a much closer match, with the Outlawz only winning by one point, 20-19.



The Outlawz pose with their championship t-shirts and trophy after their 20-19 win against the Die Hards on December 3.

In Association With The Department of Defense, A Group of NFL, NFL Europe, AFL, and CFL Football Players Sponsor Several Million Dollars Worth of SAT/ACT Training to All Families in The Armed Forces

In association with The Department of Defense (DoD), eKnowledge LLC announces that a group of NFL, NFL Europe, AFL and CFL football players all represented through the Victory Sports Group Agency, has sponsored several million dollars worth of \$199 SAT and ACT test prep programs to every family in the U.S. Military (all branches—active or retired) for the school year 2005-2006. Specifically, the sponsorship allows any military person (active or retired) to request as many programs as they need for the students in their lives—for example a military uncle can use his military status to order a program(s) for the students in his extended family back home—any military person can order a program to help any student in his or her life. To have access to the sponsorship the person placing the order must be military (active or retired). The Department of Defense has created a secure website to quickly confirm a person's military status. Personnel can access the confirmation and order pages through several military related associations and organizations, including: The Department of Defense MilitaryStudent.org and Military HOMEFRONT websites for families, The Military Child Education Collation, The Military Impacted Schools' Association, and The National Military Families Association all have

access to confirm military status and process the order. Programs ship to domestic U.S. addresses and APO addresses. The sponsorship covers the regular purchase price of \$199 and the family pays only the S&H. The programs have a one-year license and are intended for the sole individual use of students on their personal home or laptop computer and are not intended for group or classroom instruction through the schools. Requests to receive the sponsored program can be placed now on the website or over the phone.

About Victory Sports Group

The Victory Sports Group represents NFL, NFL Europe, AFL, and CFL football players. It is the sports agency section of the Enslin, Pinkston and Courtney, LLP law firm—an international, full-service sports agency/firm. Some of the football players that have contributed to this effort are: Ahmaad Galloway, Scott Young, Garrick Jones, Corey Williams, Jon Bradley, Jason Radar, Dominique Dunbar, Bradly Chavez, Kelly Johnson, Elgin Hicks, Kevin Breedlove, Tim Blackwell.

About eKnowledge LLC

eKnowledge LLC provides online and CD-ROM e-learning products and services. The company specializes in the custom design of interactive programs utilizing rich media.

About The SAT/ACT Power Prep CD-ROM Programs

Run first, feast later

By Lisa Kelch

Instead of waiting to get some exercise after indulging in a huge Thanksgiving meal, nineteen people opted to run 7k the day before they feasted. The runners left Fleet Landing, headed to Caprera and ran back to Fleet Landing to complete the Morale, Welfare and Recreation 7k Turkey Trot.

First place finisher for the men was EM3 Brynden Platt with a time of 35 minutes, 7 seconds. He was closely followed by frequent competitor Lt. Edmund Milder, who finished just 54 seconds later.

Morale, Welfare and Recreation employee Jennifer Gibson was the first woman to cross the finish line with a time of 53 minutes, 56 seconds. Lt. Cmdr Lovette Robinson came in second with a time of 58 minutes, 20 seconds.

Recognize someone for great service

By Lisa Kelch

If you have encountered great service here at NSA La Maddalena, tell the Admiral! Rear Adm. Noel Preston, Commander Navy Region Europe (CNRE) wants to hear from you if you have received help that is above and beyond someone's normal duties.

Several individuals have already been personally recognized by Rear Adm. Preston. Most recently, Petty Officer First Class Gloria Boykin, a Legalman at the Staff Judge Advocate's office at Naval Support Activity Naples, received a visit from the Admiral for her contribution.

To nominate someone for great service, send an e-mail to GreatService@CNRE.Navy.Mil

The SAT/ACT test prep training programs each have two CD-ROMs, that includes more than ten (10) hours of training video and require approximately 40 hours of student participation—it can be used as a stand-alone complete course or as a supplement to other SAT/ACT prep materials. The students select the training they most need and can study at their own pace by picking which of the 120 video lessons they want to view. The program also provides progress tracking and much more.

To view a flyer that has been made to assist in the effort, please go to:

http://www.sat.eknowledge.com/information/00_SATACT_Flyer2Parents_Armed_Forces_v3.pdf

How Military Families Request The \$199 Programs

A military person visits one of the websites to confirm their military status through the secure Department of Defense main Database. That website will then forward the person to the sponsorship order page where they can request the programs. The sponsorship will cover the \$199.99 cost for the program. The families pay only the s/h of \$9.95.

Questions: Please contact: Brandon Chatham - bchatham@eknowledge.com - 951-256-4076



Harlem Globetrotters entertain La Maddalena crowd

By Lisa Kelch



Harlem Globetrotter Paul "Showtime" Gaffney escorts Tyler Sharp back to his seat after inviting him to make a basket. (Photo by Lisa Kelch)



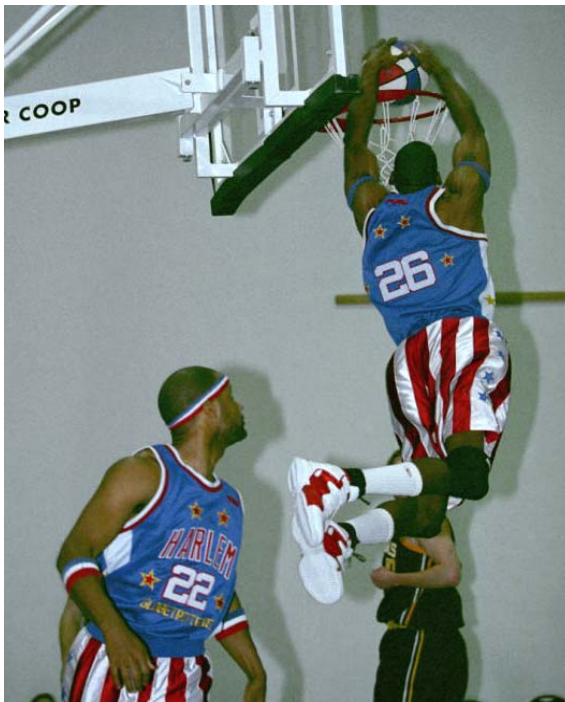
Herbert Lang, also known as Flight Time, teaches one of the children how to spin a ball on one finger. (Photo by Lisa Kelch)



Big G appears to melt as he loses air during his performance on December 2. (Photo by Lisa Kelch)



The Harlem Globetrotters, along with their mascot, take a few moments to show their moves during their two hour performance on December 2. (Photo by Lisa Kelch)



Kris Bruton, one of the highest jumpers on the team, easily slam dunks this ball during the Globetrotters December 2 show. (Photo by UT1 Miller)

the crowd, including water tossed from a bucket and free t-shirts and miniature basketballs thrown by their mascot.

The Harlem Globetrotters are currently on what they are calling their "Greatest Tour in Team History." This Mediterranean, European and African tour will take them to the 118th country the team has visited, Djibouti.



Paul "Showtime" Gaffney goofs around during the Harlem Globetrotters December 2 show and takes a seat in the stands. (Photo by UT1 Miller)

The Harlem Globetrotters performed two shows on December 2 at the Palau gymnasium. Both Americans and Italian guests enjoyed the two hour shows, filled with basketball tricks, antics, dancing and at times, an actual game.

The New York Nationals were both the opposing team and the recipient of some of the Globetrotter style silliness. At times the two teams played a serious basketball game, but play would come to a halt as one of the Harlem Globetrotters started fooling around, most often one of the oldest players on the team, #32 Paul "Showtime" Gaffney.

The Globetrotters stole purses and people from the crowd, either playing tricks on them or teaching them some, including spinning a ball on one finger. They also gave to



Happy holidays

*Merry Christmas and Happy New Year from
the FFSC Staff!!!*

*We thank you for your support in 2005 and
look forward to serving you in the New Year!*



FFSC staff includes (left to right) Marivic Sy, Monica Burnley, Franco Ugazzi, Director Carol Lucius (seated), Giuliana Dossoni, Anna Terracino and Caterina Ugo.

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Introduction to operations at NSA La Maddalena; cultural adjustment to Sardinia; introduction to Italian language, customs, history, geography and traditions. Provide basic information such as local organization names, phone numbers, addresses and/or physical accessibility.

Travel Warnings for Americans

The State Department issues Travel Warnings when Americans should avoid certain countries. Countries currently on the list include: Algeria, Bosnia and Herzegovina, Burundi, Central African Republic, Cote d'Ivoire, Cuba, Democratic Republic of Congo, Israel, Liberia, Nigeria, Philippines and Zimbabwe.

In addition to this list, the State Department issues Consular Information Sheets for every country of the world with information on such matters as the health conditions, crime, unusual currency or entry requirements, any areas of instability, and the location of the nearest U.S. embassy or consulate in the subject country. Go to <http://www.state.gov/travel/> to view these travel warnings and information sheets.

SafeTips - Coping with Holiday Stress

From Naval Safety Center

- Have a realistic plan. This will reduce the strain of juggling tasks, duties, errands and appointments.
- Stick to your lists and your budget. Overspending is a common source of Christmas stress. Remember that the point of the season is to show care, not to simply consume.
- Learn how to say "no" to less important activities. Be selective. Don't over-schedule. If you limit yourself to two social events per week, you won't run down your batteries.
- Plan parties or shopping trips with family and friends, in order to cut down on the number of events and responsibilities.
- Schedule some "down time" to use for rest and reflection.
- Keep your sense of humor.
- Establish your own standards, and don't be governed by other's expectations or demands.
- Don't skip meals or live on snacks because you are too busy.
- Don't sacrifice your exercise program as you get busier.

Dashing Through the Holidays

From Military OneSource



Make your holidays merry and bright:

- Start new traditions
- Volunteer for a good cause
- Get plenty of rest and exercise
- Create a budget and stick to it
- Set realistic expectations
- Seek emotional support

You name it . . . We can help.

Check with your local Family Support Center, Community Service or Chapel to find out what programs are available in your local community.

If you need help coping with holiday stress, call Military OneSource. We are here to listen. Military OneSource offers six, non-medical counseling sessions in the local community for individuals and families at no cost.

Military OneSource is a virtual extension of existing installation services. We are here to support all active duty, Guard, Reserve (regardless of activation status) and their family members.

Call a consultant 24/7!

From the United States: 1-800-342-9647

From overseas: *800-3429-6477

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En español llame al: 1-877-888-0727

TTY/TDD accessible: 1-866-607-6794

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from
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Navy to Base First Littoral Combat Ship in San Diego

Special release from the Department of the Navy

WASHINGTON (NNS) — The U.S. Navy announced Dec. 2 that USS Freedom (LCS 1), the first littoral combat ship of the LCS 1 class, will be homeported at Naval Station San Diego, Calif.

Freedom is expected to be delivered to the Navy in December 2006 and arrive in San Diego in early 2007.

Freedom-class ships are designed to counter challenging shallow-water threats in coastal regions, specifically mines, diesel submarines and fast surface craft. A fast, agile, and high-tech surface combatant, they will utilize mission-focused packages that deploy manned and unmanned vehicles to execute a variety of missions.

On May 27, 2004, the Department of Defense awarded both Lockheed Martin Corp. Maritime Systems & Sensors in Moorestown, N.J., and General Dynamics - Bath Iron Works in Bath, Maine, separate contract options for final system design, with options for detail design and construction of up to two Flight 0 LCSs.

Lockheed Martin Corp. was awarded the contract option on Dec. 15, 2004, for detail design and construction of the first Flight 0 LCS. Lockheed Martin's teammates include Gibbs & Cox in Arlington, Va.; Marinette Marine, Marinette, Wis., where the ship was built; as well as Bollinger Shipyards, Lockport, La.

The homeports of future Freedom-class ships have not yet been determined.

For more information on the littoral combat ship, visit the LCS Web site at <http://peoships.crane.navy.mil/lcs>.

USS George Washington to Replace USS Kitty Hawk as U.S. Navy's Forward Deployed Carrier

Special Release from the Department of the Navy

WASHINGTON (NNS) — The U.S. Navy announced Dec. 2 that USS George Washington (CVN 73) will replace USS Kitty Hawk (CV 63) as the forward-deployed aircraft carrier in the western Pacific and will arrive in Yokosuka, Japan, in 2008.

George Washington is currently homeported in Norfolk, Va., and is receiving necessary maintenance and upgrades at Northrop Grumman Newport News Shipbuilding to facilitate this forward deployment.

The forward deployment of George Washington will not necessitate a change in the assigned air wing in Japan, nor in the composition of the air wing. Carrier Air Wing 5 will remain the forward-deployed air wing.

This rotation is part of the Navy's long-range effort to routinely replace older ships assigned to the Navy's forward-deployed naval forces with newer or more capable platforms. It is part of an ongoing effort to consider the nature of all forward deployed forces when looking at the unpredictable security environment in the western Pacific.

George Washington was commissioned July 4, 1992. The ship returned from its sixth deployment in July 2004. It deployed to the Mediterranean Sea and Persian Gulf in support of the global war on terrorism.



The Christmas wreath makes it look like December and the wind makes it feel like it on December 6 as NSA La Maddalena Sailors shiver during their Dress Blues inspection.

Paintball: Region Tourneys in the works for Navy Region Europe

By PHI (AW) Nathan L. Guimont CNRE/ Public Affairs

Paintball has moved from the extreme to the mainstream, according to a recent report by the Sporting Goods Manufacturers Association. And in keeping with their trend of offering leading edge activities, Naples' very own Navy Outdoor Recreation (NOR) Center recently put on the first European Region Paintball Tournament.

"Even though we only got participants from Sigonella and Naples, this tournament was for all military personnel throughout Europe. We hope to have a bigger turn-out next year," said Pete White, event coordinator. Rosters were distributed throughout the region; Sigonella and Naples were the only two installations to provide enough participants to compete.

The 2006 tournament will be held earlier during the summer, according to White, and plans are in the works to attract paintball-oriented corporations to sponsor the event. Sponsors will make it possible to feature more prizes and, more specifically, items that paintballers will want such as paintball uniforms, guns and paintballs, etc.

"This rocks!" said Information Technician Second Class Ronnette Stephens, assigned to Naval Computers and Telecommunications Station, Naples. "It's awesome, exciting, exuberating, and stimulating. And it's fun to shoot at people and not kill them."

At the end of it all the winning team was "Shock and Awe" from Sigonella. One of the key players was Utilitiesman Senior Chief Mike Nasso, assigned to Public Works.

"This is the first time we've played together as an organization. Even though we normally play against each other at our own duty station, we really enjoyed playing in Naples," Nasso said.

Sigonella plans to host a tournament in Sigonella next spring, according to Nasso. They will make it available, just as the NOR Center did, to all military personnel throughout Navy Region Europe. He added, "It's a lot of fun and the more the merrier."

Special Update: Stars and Stripes to Print All Holiday Messages Received by Nov. 28th

From Stars and Stripes

Washington, DC, Thursday, December 01, 2005 - Stars and Stripes, the daily newspaper of the U.S. military, announced that it will publish all the holiday greetings received by the November 28th deadline, in the December 17th edition of the daily paper in Europe and Pacific. To accommodate the thousands of greetings sent to Mideast recipients, Stars and Stripes will publish two special 40-page Holiday Message sections which will run on December 17th and 21st respectively. In addition, messages also run live in the newspaper on those two days.

Stars and Stripes launched its free Holiday Message posting service online at Stripes.com on November 1, 2005, expecting to publish only some of the messages received by the November 28th deadline in the December 17th edition of the daily paper published in Europe, Pacific and the Mideast.

Originally, Stars and Stripes planned to select messages for publication in the paper on a "first come, first served" basis, due to limitations of space and funding. But with thousands of messages pouring in, that plan was quickly scrapped.

"Stars and Stripes exists to serve our military community," said Meg Irish, director of marketing for Stars and Stripes. "People wrote to tell us that publishing a message in our paper was the only way their loved one could be sure to see a holiday greeting from them. And we responded to that by deciding to publish all the messages, regardless of the expense."

To send a free message to appear online only, visitors may go to <http://holiday.stripes.osd.mil/> by December 9th. Beginning December 18th, Stars and Stripes will also post online at Stripes.com all of the messages submitted by the final December 9th deadline.

